



ROGUE RUNNING CAMP

AUGUST 1-5, 2011

FEATURING THE
2011 CAP10K CHAMPIONS
SCOTT MACPHERSON &
ALLISON MACSAS!



plus

FREE Adidas spike bag
FREE Adidas tech tee
FREE Adidas socks
FREE Adidas water bottle

ROGUERUNNING.COM

Let our elite athletes and experienced coaches show you the fun way to becoming a better athlete and how to get the most out of **your** running!

Over the course of five days, we will lead new Rogues through running basics, race-specific training, shoe fit and tech talks, the process for finding the right shoe, nutrition and training methods while letting you in on the keys to successful running at the high school, college and even professional levels.

This week-long camp is intended for all runners between 11-18 years old.

► DETAILS

DURATION: Monday, 8/1 – Friday, 8/5;
7:30am to noon each day

AGE LEVEL: 11-18 years

SINGLE COST: \$175

GROUP COST: \$150 (4+ runners from same school)

LOCATION: Rogue Cedar Park
2800 E. Whitestone Blvd, Cedar Park 78613

WHAT'S INCLUDED: Daily workout, camp booklet, training program, speakers from **Team Rogue Elite**, breakfast everyday, lunch on Friday, prizes throughout the week.

FREE STUFF: Every participant will receive a Team Rogue Elite signed photo, an Adidas spike bag, tech tee, socks & water bottle (Valued at \$60)

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